

SHELBY COUNTY HEAT INFORMATION

Fans for Seniors Program – The Aging Commission of the Mid-South's Fans for Seniors Program uses volunteers to deliver fans to seniors over the age of 65 and those with disabilities. Individuals may receive a fan every other year if they live in Shelby County and do not have a functioning air-conditioner. Those in need of a fan may contact the Aging Commission of the Mid-South at **324-3399**.

Air Conditioners – The Shelby County Community Services Agency has a limited number of air conditioners available for residents who qualify. Residents who meet minimum income guidelines and do not have a functioning air conditioner may contact the Mayor's Assistance Center at **545-4311**.

Suggested Cooling Locations – Residents who do not have a fan or air conditioner are encouraged to visit the nearest public, air-conditioned facility such as a community center, mall or library to stay cool during the hottest part of the day.

The Memphis and Shelby County Health Department emphasizes that during periods of intense and prolonged heat, it is especially important to check on elderly relatives and neighbors. The elderly are more likely to have conditions or take medications that make them more vulnerable to the heat, and their bodies don't adjust well to sudden changes in temperature. If you have elderly friends or relatives, you can help protect them from heat-related stress by:

- Visiting at least twice a day to watch them for signs of heat exhaustion or heat stroke
- Taking them to air-conditioned locations if they have transportation problems
- Encouraging them to drink plenty of cool, non-alcoholic beverages.

Mayor Ford strongly encourages all residents to be safe during the summer months by:

- If at all possible, remain in an air-conditioned environment during the heat of the day
- Avoid strenuous activities
- Drink plenty of cool liquids often (especially water)
- Wear appropriate clothing and sunscreen
- Pace yourself
- Never leave anyone in a car
- Monitor those at high risk

Call 545-4311 for more tips on staying safe and cool.